

# FALL CREEK THAW 15 K

## Part of the 28th Annual Tennessee State Park Running Tour Saturday, March 3, 2007

**FALL CREEK FALLS STATE PARK**, Pikeville, TN. Park info 423-881-5298. Inn, Cabins and Restaurant 424-881-5241.

**Directions:** Take I-40 to Cookeville. Turn onto Hwy 111 South to Hwy 284 (45 Mi). Follow Hwy 284 to signs for the Inn (8 Mi).

**Start** at on Landside Cabin Rd. **Finish** at Inn. Race starts at 11:00 A.M. Central Standard Time.

**Course:** One loop with rolling hills around the Fall Creek Falls State Park with two quarter mile out and back loops at miles 2 and 8. Turn right on Main Park Rd. Turn left on Gorge Scenic Dr (Mi 1) to Piney Creek Falls overlook turnaround (Mi 2), then left on Gorge Scenic Dr. At Falls Creek Falls overlook (Mi 5) turn right across parking lot continuing on Gorge Scenic Dr. At the intersection (Mi 6) turn left on to the bike trail. Turn sharply right across the wooden bridge (Mi 7) and follow the bike trail to Main Park Rd. Turn right across the dam to 2<sup>nd</sup> turnaround. Return across the dam (Mi 8) and turn left on the lakeshore bike trail to the finish (1.3 miles).

**Awards:** Special awards to overall, masters (40+), grandmasters (50+), and senior grandmasters (60+). Five-year age groups with 5 awards in each category from under 20 to 75+.

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners.

**Pre-registration deadline:** February 24, 2007. Race day registration from 9:30 to 11:00 AM.

**Entry Fee:** \$ 15.00 with or \$ 5.00 without shirt,  
payable to MachTenn. Race day without shirt \$ 10.00.

Mail registration to: **Fall Creek Thaw**  
**300 Normandy Rd**  
**Wartrace, TN 37183**

**Race Director:** Les Marsh, MachTenn Running Club. 931-857-3346. Email: Lmarsh@cafes.net

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**Fall Creek Registration** Name \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Age (on race day) \_\_\_\_\_ Gender \_\_\_\_\_ T-shirt Size (circle) S M L XL No Shirt

*Entry fees are non-refundable. Awards and shirts will not be mailed.*

**Waiver of Liability.** In consideration for accepting my entry in this race, I, for myself, my heirs, executors and administrators, waive and release forever any and all rights and claims for damages I may have against the organizers and sponsors of this event. I also release the above named for all claims of damages demands, and actions in any manner due to any personal injuries, property damage, or death sustained as a result of my traveling to and from and my participation in said race. I attest and verify that I am physically fit and have sufficiently trained for the competition in this event. In filling out this form, I acknowledge I have read and fully understand my own liability and ability

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Parent signature for runners under the age of 18)